



WORKING WELLNESS

Good Health is Good Business

SEPTEMBER 2010

is...

Childhood Cancer
Month

Fruit & Veggies –
More Matters
Month

Leukemia &
Lymphoma
Awareness Month

National
Cholesterol
Education Month

National Yoga
Awareness Month

with...

World Heart Day

And more!

For more
information on
these
observances or
future
observances, go
to U.S.

Department of
Health and
Human Services
at www.healthfinder.gov/nho

Flu Season is Coming !

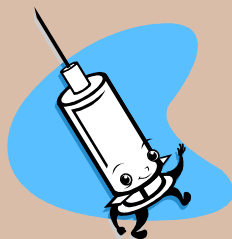
We have confirmed that every major grocery store with a pharmacy, every CVS, and every Walgreens in the Florida Keys are giving flu vaccinations this year.

In addition, the Hospice of the Florida Keys, Inc. and the Visiting Nurse Association are giving flu shots every Friday from 10:00AM – 2:00PM at their Key West and Tavernier locations.

If you would like contact information for any of the providers giving flu shots this year, please phone our office at (305) 292-4579 or x4579.

Whichever provider you choose, you should call first to check on walk-in availability or to make sure appointments don't need to be scheduled. Check on pricing information, as well. Most places will expect payment up front even though immunizations are covered by the Adult Wellness Services of your Group Health Plan. Details of the covered services and limitations are described in Section 1 – Schedule of Benefits.

You can view your Group Health Plan Document and its Amendment at:
http://monroecofl.virtuالتownhall.net/Pages/MonroeCoFL_GroupInsurance/index



You can also contact Wells Fargo TPA at 1-800-624-8605 for more information regarding this benefit or information on how to obtain reimbursement for your immunization.

The Monroe County Health Department is having Flu Shot Clinics too! Immunizations are provided regardless of ability to pay. Insurance holders are asked to bring proof of insurance. Children under age 18 must be accompanied by an adult. No appointment necessary. Just walk in to any of the locations on the advertised dates & times!

October 2nd, 10AM-4PM
Nelson Government Center
MM 102 Gulf-side
Key Largo

October 9th, 9AM-3PM
Marathon Fire Station
MM 51.5 Gulf-side
Marathon

October 16th, 9AM-4PM
GATO Building
1100 Simonton Street
Key West

HEALTH FAIRS

HEALTH FAIRS ARE HERE!

Call (305) 292-4446 or x4446 to make an appointment!

Key Largo ~ September 14th

(minimum participation required, but we are still accepting appointments!)

11:00AM - 1:00PM
Nelson Government & Cultural Ctr
10205 Overseas Highway
Key Largo, FL 33037

CLOSED

Marathon ~ September 23rd

(now accepting appointments!)

10:00AM - 2:00PM
BOCC/EOC Meeting Room
Marathon Government Center
2798 Overseas Highway
Marathon, FL 33050

Key West ~ September 29th

(now accepting appointments!)

9:00AM - 2:00PM
BOCC Meeting Room
Harvey Government Center
1200 Truman Avenue
Key West, FL 33040

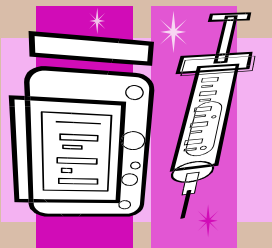


FREE!

**These Health Fairs are for
Monroe County Group Health
Plan participant employees,
retirees, and their
dependents age 18 & over.**

- Blood Pressure Screening
- Total Cholesterol/HDL Testing
- Blood Sugar Testing
- Anemia Testing (Hemoglobin)
- Diabetes Education
- Nutritional Assessment
- Stress Management
- Skin Cancer Screening
- Bone Density Screening
- Body Fat Screening – BMI Analysis
- Health Dept. representation
- Benefits Office representation
- **DOOR PRIZES**
- and much, much more!

SPOTLIGHT OF THE MONTH: Wellness Website



www.CDC.Gov/Vaccines

Have you ever wondered...when is the right time to get vaccinated? What vaccinations should I get? How safe are vaccinations? Well, there is no need to wonder any longer! Visit www.CDC.Gov/Vaccines and you'll find answers to those questions and more!

EAP ORIENTATIONS



Employee Assistance Program (EAP) Orientations are now available for viewing on the website www.horizoncarelink.com. The orientations are mandatory for BOCC employees and supervisors. If you are an employee of a Constitutional Officer, you should check with your Human Resources to determine if this orientation is mandatory for you.

These orientations feature information on your EAP's services, resources and referrals that are available to you and those who live with you.

If you have missed the official notification of this orientation and would like more information, please contact our Insurance Specialist, Louise Basham, at (305) 292-4579 or x4579.

EAP SEMINAR



An EAP seminar will take place in the form of a webinar titled "Healthy Living Tips" on October 5th & October 6th. This webinar is separate from the orientations and will not require mandatory participation.

Stay tuned, as we will distribute more details of this webinar as soon as they are available.

SPOTLIGHT OF THE MONTH: Horizon Health Webinar

Communicating to Get What You Want

Do you know the keys to good communication? Attend this webinar to refresh your skills, learn new approaches, and make sure your messages are getting through to others. The webinar will take place on:

Tuesday, September 21, 2010
12:00 NOON – 1:00 PM

To attend this webinar go to (type the following into your internet browser's address bar):

www.horizoncarelink.com

Username: MCBOCC

Password: MCBOCC



CORNER

WalgreensHealth.com

Starting this month your Pharmacy Benefit Manager (PBM), Walgreens Health Initiatives (WHI), is integrating *MyWHI.com*, *WalgreensMail.com*, and *WalgreensSpecialtyRx.com* into a single health and pharmacy destination website called *WalgreensHealth.com*.

WalgreensHealth.com integrates the tools and information previously provided on all their other websites. Members of the other websites will be notified by email about this change.

Anyone who comes to the older sites through a bookmark or search engine will land on a webpage explaining the changes and it will ask them to click through to the new website.

WalgreensHealth.com should allow you to sign in with existing user IDs or passwords from the other websites.

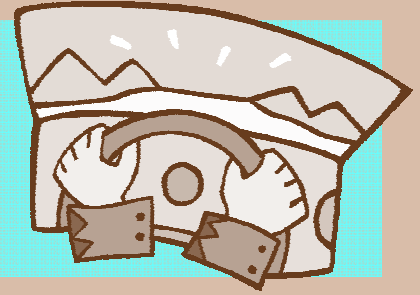


If you have any questions or concerns regarding the change in the website, please contact WHI at 1-800-207-2568.

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

The Road To Distraction



What Is Distracted Driving?

Visual - taking your eyes off the road.

Manual - taking your hands off the wheel.

Cognitive or Inattention Blindness - taking your mind off what you're doing.

Distracting activities can include:

- Using a cell phone;
- Eating and drinking;
- Grooming;
- Reading, including maps;
- Using a PDA or GPS;
- Changing the CD, iPod or MP3 player.

Phones are considered a **greater hazard** because we use them for **longer** periods of time.

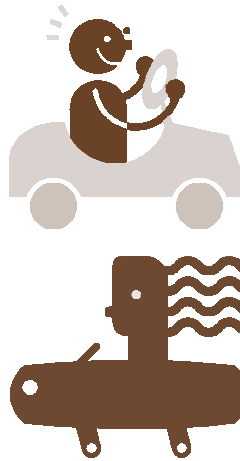
Did You Know?

The National Safety Council estimates that **25% of all crashes** in 2008 involved talking on **cell phones**.

At any given moment, **11% of all drivers** are using some type of phone.

Using a cell phone while driving, **whether it's hand-held or hands-free**, can cause:

- **"Inattention Blindness"** which is when drivers "look at" but do not "see";
- **Delayed reactions** as much as having a blood alcohol concentration of **.08** percent;
- Problems **staying** in the **lanes** and **maintaining** the proper **speed**.



Inattention Blindness is the greatest problem.

Drivers on cell phones look at but **fail to see up to 50%** of the information in the driving environment.

Although cell phones can be a hazard, we need to avoid all distracting activities while driving.

Remember, you're operating a motor vehicle. You're not in your living room.

The information shown has been compiled from various sources. Every effort is made by EMI to provide accurate information. EMI does not warrant that the provided information or materials are free from error.

This article is courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and was selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. This newsletter, future newsletters, or archived newsletters can be viewed at:

<http://www.emi-tpa.com/services/safety-matters.html>

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

You should contact your Human Resources Office to identify any policies regarding driving.